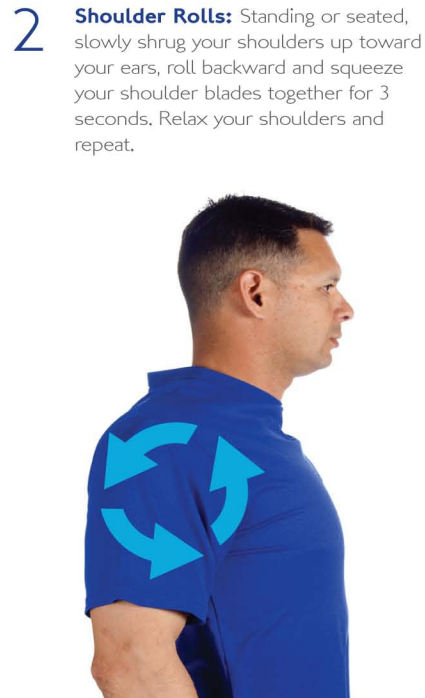


**1 Chin Tuck:** Standing or seated, look forward with shoulders relaxed and head neutral. Slowly pull your chin back toward your spine, moving just your head. You should feel a squeeze in the back of your neck. Release slowly and repeat.

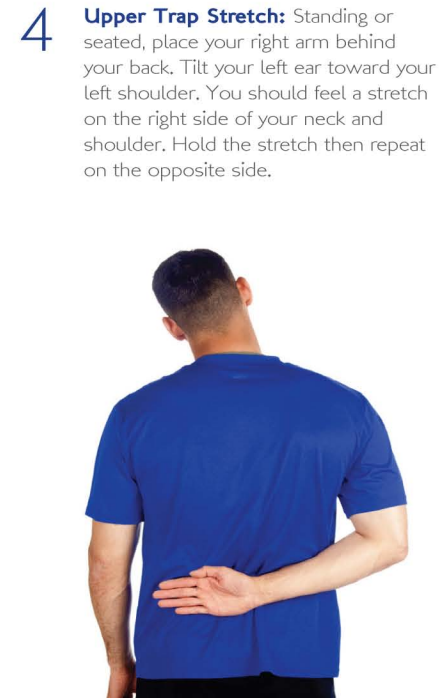


**2 Shoulder Rolls:** Standing or seated, slowly shrug your shoulders up toward your ears, roll backward and squeeze your shoulder blades together for 3 seconds. Relax your shoulders and repeat.



**3 3 Way Neck Stretch:** Standing or seated, look down and to the right, hold stretch. Slowly rotate your head to the center looking down at your chest and hold stretch. Finally, look down and to the left, hold stretch.

• **Tip:** You should feel this stretch in the back of your neck and along the top of your shoulders.



**4 Upper Trap Stretch:** Standing or seated, place your right arm behind your back. Tilt your left ear toward your left shoulder. You should feel a stretch on the right side of your neck and shoulder. Hold the stretch then repeat on the opposite side.

**5 Chest Stretch:** Standing or seated, hold arms at shoulder level and bend the elbows to 90° palms facing forward. Your arms should look like field goal posts. Slowly pull both arms back until a stretch is felt in your chest. Hold stretch.



**6 Upper Back Stretch:** Standing or seated, grasp hands with palms facing outward. Press arms forward while gently rounding your upper back. Hold stretch.



## Exercise Guidelines:

1. Perform 10-15 repetitions of each exercise.
2. Use slow and controlled movements.
3. Exhale during exertion, inhale during release.
4. Maintain good posture and technique.
5. Perform exercises in an area with adequate space.
6. Discontinue exercise if you experience pain.
7. Use a support for balance as needed.

## Stretching Guidelines:

1. Hold each stretch for 20-30 seconds.
2. Hold stretch in a pain free range of motion.
3. Do not bounce, use controlled movements.
4. Do not hold your breath, breathe slowly.

**PRECAUTIONS:** This information is not intended as a substitute for the advice of a personal healthcare provider. If you have medical conditions requiring attention or which may be aggravated by physical activity, consult your healthcare provider regarding the type of activity that is safe and appropriate for you.

**HPMC Occupational Medical Services  
Health and Wellness  
376-3939  
[www.hanford.gov/health](http://www.hanford.gov/health)**

